

# MOUNTAIN VIEW SENIOR CENTER

266 Escuela Avenue, Mountain View CA 94040 ❖ (650) 903-6330

## PRIME TIME NEWS FEBRUARY 2004



### WHAT'S INSIDE

Special Events.....	2
Our Center.....	3
To Your Health.....	4
Trips & Excursions.....	5
Keeping Current.....	6
Social Services.....	7 & 8
Nutrition Site Menu.....	9
Monthly Calendar.....	10

### SENIOR CENTER HOURS

#### Monday - Friday:

8:30 a.m. - 5:00 p.m.

#### Evenings:

Monday - Wednesday,  
6:30 - 9:00 p.m.

#### Second Sunday:

12:00 noon - 5:00 p.m.

### SENIOR CENTER STAFF

JOHN MARCHANT

Senior Recreation Coordinator

HENRY PEREZALONSO

Recreation Coordinator

CYNTHIA GENTRY

Recreation Specialist

JENNA BINDER

BRANDON CHING

Evening Building Attendants

**The Prime Time News  
is available in larger  
print upon request.**

### WORKSHOP:

#### OUTREACH-WHAT IS IT?

What is Outreach? A representative from the Outreach Paratransit Program will be here to answer that question. They will give you an overview about the Outreach Program and its benefits. They will address the eligibility requirements and give you an overall service profile. Sign up now for the workshop that will take place Thursday, February 5, 2004 at 1:00 p.m. in Walnut Hall. To reserve a seat call (650) 903-6330.

### COMPUTER WORKSHOP

#### "HOW TO USE GRAPHICS & PHOTOS"



You will not want to miss the latest class being offered in the Technology Center. Monica Lipscomb will be here on Thursday, February 12 at 12:30 p.m. to explain how to work with Graphics and Photos. To reserve your seat call (650) 903-6330. Space is limited.

### CARDIAC CARE WORKSHOP

A representative from the Camino Medical Group will be here at the Senior Center to present to you the information about Cardiac Care. Areas to be discussed will be the importance of exercise, diet, keeping blood pressure in check and seeing your doctor for regular check-ups as well as blood work. The workshop will take place Thursday, February 19, 2004 at 1:00 p.m. in the Walnut Hall. Space is limited! To reserve a seat call (650) 903-6330.

### 50 AND OVER SOFTBALL LEAGUE

See page 3 for more  
information

**THE SENIOR CENTER  
WILL BE CLOSED  
MONDAY, FEBRUARY 16  
FOR PRESIDENTS'  
DAY**



# Special

## Enjoy our SUNDAY PROGRAM



The Senior Center is open 12:00-5:00 p.m. on the second Sunday of each month. Come and enjoy the many activities that are planned for the afternoon. Refreshments are served at all scheduled activities.

### Here's What's Happening on SUNDAY, FEBRUARY 8 12:00 - 5:00 P.M.

#### **BINGO: 12:30**

Come and enjoy a Sunday of BINGO. We'll play ten FREE rounds in the Elm Room #5. For the first nine rounds, the prize will be \$1.00 per round. The grand prize tenth round pays \$5.00! Play is limited to one card per person, per game and all jackpots will be split in the event there are multiple winners.

#### **DANCING: 1:00-3:00**

Enjoy the wonderful music of "Mike Johnson and His Sound Wizards" each month. Dance the afternoon away! Admission is \$5.00 per person.

#### **MOVIE: 2:00**

##### **Gone With The Wind**

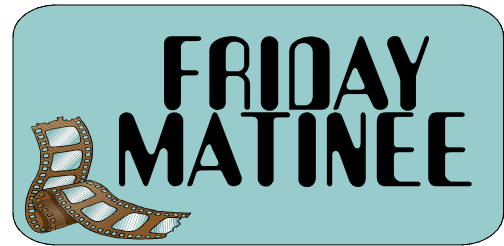
(Runtime: 231 min.)

Starring:

Clark Gable, Vivien Leigh



**Synopsis:** Margaret Mitchell's Civil War epic charts melodramatic romance against a sweeping historical backdrop. This star-studded drama remains one of critics' and audiences' best-loved films of all time. A must-see for romance, history, and classic-film buffs.



Movies are shown **every Friday in the Sequoia Room # 4 at 1:00 p.m.** There is no fee to enjoy the movie. For a more detailed description of the movies, please pick up a flier in the Front Lobby.

**Friday, February 6:** "Moonstruck"  
(Runtime: 103 min.)

Starring: Cher, Nicolas Cage

**Friday, February 13:** "Love Story"  
(Runtime: 100 min.)

Starring: Ryan O'Neal, Ali McGraw

**Friday, February 20:** "Romeo and Juliet"  
(Runtime: 137 min.)

Starring: Olivia Hussey, Leonard Whiting

**Friday, February 27:** "From Here to Eternity"  
(Runtime: 113 min.)

Starring: Burt Lancaster, Montgomery Clift

### **MOUNTAIN VIEW'S ARBOR DAY 2004 CELEBRATION**

This year, Arbor Day in Mountain View will be celebrated in **Pioneer Park on March 13th**. This will be the third year in succession that the City celebrates Arbor Day at the park. The Mayor will declare a City Arbor Day proclamation and there will be Arbor Day activities and educational tables setup for the public. During the week leading up to March 13th, there will be planting activities throughout the City as part of its efforts for forestry restoration and in celebration of the State of California's Arbor Day Activities, March 8 through March 12, in 2004. For further information, please call the Forestry Division at (650) 903-6262 or visit the City's Home Page.



# Our Center...

## TAX ASSISTANCE

### APPOINTMENTS



Tax assistance provided by AARP volunteers are now accepting appointments. Tax appointments will be available each Tuesday & Wednesday, 9:00 a.m. - 11:00 a.m. beginning Tuesday, February 3, 2004.

### What to bring to your appointment:

- last year's state & federal income tax return
- W2 form (from employer)
- 1099-INT (regarding interest)
- 1099-DIV (regarding dividends)
- 1099-R (retirement & IRA income)
- SSA-1099 from social security
- 1099-B (sale of stock) plus original cost & date of purchase.
- 1099-S (sale of home) plus initial cost & improvements
- if deductions are claimed, bring information to support.
- name & address of landlord to receive state renter's credit

## WE WELCOME YOUR SUGGESTIONS

The Senior Center has a Suggestion Box located in the lobby. We'd love to have you share your suggestions with us. Ideas for new classes, programs or activities, movie titles, etc. are very helpful to us.

## NEWCOMERS GROUP

To welcome you to the Mountain View Senior Center, an orientation and tour of the Senior Center is scheduled for Tuesday, January 20th at 11:15 a.m. An overview of classes, upcoming events, social services and general information will be presented.

## EXERCISE EQUIPMENT ORIENTATION



Every Wednesday at 11:00 a.m. we will be giving an orientation on how to use the exercise equipment properly. Prior to using any of the equipment all participants must go through the orientation. Come and join us for an overview of all the equipment then stay and work out. For more information, contact Henry at (650) 903-6330.

## WE WANT TO HEAR FROM YOU...

Do you have a topic that you would like to learn about? We are currently seeking workshop topics and ideas for 2004. If you have any ideas please contact Henry at the front desk.

## DISPLAY CASE

We would like to invite you to showcase your hobby or collection. We are looking for seniors who would like to display their artwork, photography or collections in our locked display case at the

Senior Center. This is your opportunity to share with all of us just a little more about who you are. If you are interested in scheduling some time in our display case to share your hobby or collection please contact Henry at 903-6330.

## 50 AND OVER SOFTBALL LEAGUE:



Are you a softball player that is at least 50 years old?

Well we have the league for you. The City of Mountain View Recreation Division is offering a new recreational softball league for players 50 and over. We encourage you to organize a team for the league that will begin on April 12th. Sign ups for this league will begin on February 17th and end on March 5th. The cost is \$ 300 per team for a 6 game season and all games will take place at Callahan Softball Field. For more information please call 650-903-6404.

## VOLUNTEER CORNER

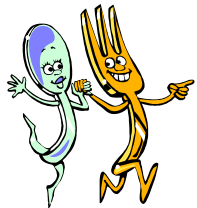
### Volunteer Hours for December

Blood Pressure	2
Brown Bag	330
Collating	8
Game Room Maintenance	6
Garden	20
Receptionists	110
Social Services	30
Special Events	5
Teaching	50
<b>TOTAL</b>	<b>591!</b>

# To Your Health...

## SENIOR NUTRITION PROGRAM

**Come for the Fun  
Stay for the Food**



The Senior Nutrition Program provides subsidized hot lunches each weekday to clients over the age of 60. These lunches offer a time for nutrition, socializing & education. There are dances, exercise programs, as well as education seminars.

- ♦The lunches are prepared daily on site.
- ♦Suggested donation is \$2.00.
- ♦Outreach transportation is available to qualified residents. ♦See page 9 for menu.

### KEEPING HEALTH IN MIND: 10 STEPS TO KEEP YOUR MEMORY SHARP

Memory loss is a common complaint, and it's typically blamed on aging. People fear that memory lapses are signs of what's in store. Though it's impossible to predict memory loss, you can do your best to prevent it. To keep your noggin nimble as you age, try following the suggestions below. Exercise your mind. If you continue to learn and challenge yourself, your brain continues to grow, literally. Regardless of age, an active brain produces new dendrites - connections between nerve cells that allow cells to communicate with one another. This helps the brain store and retrieve information more easily, no matter what your age. How can you

challenge yourself? Try:

- \*Learning to play a musical instrument Playing
- \*Scrabble or doing crossword puzzles
- \*Starting a new hobby, such as crafts, painting, biking or bird-watching
- \*Take a computer class.
- \*Learning a foreign language
- \*Volunteering
- \*Staying informed about what's going on in the world
- \*Reading
- \*Develop a system of reminders and cues. Write it down. Keep a diary, use calendars and make lists. Establish a routine. Store easy-to-lose items in the same place. Complete tasks in the same order. Set up cues. For instance, put your keys on the ironing board. That way you're more likely to remember to turn off the iron before walking out the door. Practice repetition. To help remember a person's name, work it into the conversation several times after being introduced. Repetition ingrains the information in your mind. It's a great habit to get into because it works.
- \*Keep your perspective. You're not the only one who's placed a coffee cup on the roof of your car and then driven away. You're not the first person to dial a number only to forget whom you're calling. It happens. Take note of it, but unless you feel it's unusually frequent, don't be concerned. Talk to your doctor. Many factors unrelated to aging or genetics can contribute to memory problems. These include the use of certain medications, poor vision and hearing, vitamin deficiencies, fatigue, depression, stress and ill-

nesses unrelated to Alzheimer's disease. Depression in particular can cause problems with memory and concentration and often is mistaken for Alzheimer's disease in older adults. Depression can be treated, improving memory and concentration.

### Bake a Memory!

**Zesty Carrots**

- 6 to 8 carrots, cooked and cut into strips
- 1/4 cup water or cooking liquid from carrots
- 2 tablespoons each: grated onion and prepared horseradish
- 1/2 cup mayonnaise (can use light)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup saltine cracker crumbs
- 1 tablespoon softened butter
- Dash of paprika
- Chopped parsley for garnish (optional)
- Preheat oven to 375 degrees. Arrange carrots in shallow 1 1/2- to 2-quart casserole. In a bowl, combine water, onion, horseradish, mayonnaise, salt and pepper. Pour over carrots. Top with mixture of cracker crumbs, butter and paprika. Bake 15 to 20 minutes. Garnish with parsley. Makes 6 servings.

### NUTRITION SITE ENTERTAINMENT

MONDAYS @ 10:00: Music & Dancing;  
TUESDAYS @ 11:00: Exercise;  
WEDNESDAYS @ 11:00: Line Dancing & 12:45: BINGO;  
THURSDAYS @ 11:00: Exercise;  
FRIDAYS @ 10:30: Dancing with "Anna & Her Music Makers"



# Trips & Excursions...

## MOUNTAIN VIEW TRAVELERS



TRIP SELLING DESK IS  
OPEN THURSDAYS,  
10:00-11:45 AM ONLY.

► PAYMENT CAN BE MADE  
BY CHECK OR MONEY  
ORDER ONLY.

► Phone number during selling  
hours is (650) 903-6445.

► Payment for trips is taken  
only during selling hours.  
Checks cannot be left at or  
mailed to the Senior Center.

► Each person can sign up for a  
maximum of two people.

► TRIPS MUST BE PAID FOR  
AT LEAST 30 DAYS IN  
ADVANCE.

**MARE ISLAND ~ ROSIE'S MEMORIAL ~ SHIPYARDS**  
**February 17, 2004** **Tuesday**  
**\$ 63.00 Per Person \***  
See flier for more information.

**JACKSON RANCHERIA CASINO**  
**February 10, 2004** **Tuesday**  
**\$ 20.00 Per Person \***  
See flier for more information.

**BRIGHT LIGHTS DESERT SPECTACULAR**  
**February 27 to March 3, 2004** **Friday - Wednesday**  
**5 NIGHTS / 6 DAYS**  
**\$ 1335 Per Person / \$ 1545 Single\***  
See flier for more information.

**SHRINERS HOSPITALS FOR CHILDREN**  
**SHRINE HOSPITAL AND GOVERNOR'S MANSION**  
**March 16, 2004** **Tuesday**  
**\$ 53.00 Per Person\***  
See flier for more information.

**JONI MORRIS as PATSY CLINE**  
**March 21, 2004** **Sunday**  
**\$ 55.00 Per Person \***  
See flier for more information.

**RAMONA PAGENAT**  
Including Bakersfield, Palm Springs & Ventura  
**April 30 - May 5, 2004**  
**DON'T WAIT FOR THE PRESENTATION!**  
**SIGN UP NOW AND SAVE \$ 25.00**  
FOR MORE INFORMATION CALL  
ARLETTA JURASINSKI @ 650-969-0793 OR LINDA @ TALBOR TOURS  
1-800-662-9933 EXT 113

**SAN DIEGO TOUR**  
**June 7 - 10, 2004 4 Days & 3 Nights**  
**\$ 949.00 Per Person, Double Occupancy**  
**\$ 1149.00 Per Person, Single Occupancy**  
See flier for more information.

**YOSEMITE**  
**July 28 - 30, 2004** **Monday - Tuesday - Wednesday**  
**\$ 550.00 Double Occupancy**  
**\$ 717.00 Single Occupancy**  
**\$ 100.00 Deposit Due At Time Of Sign Up To Secure Space**  
**Final Payment Due No Later Than May 25th, 2004**

# Keeping Current...

## GET A FREE DIGITAL THERMOMETER!

*When you bring your old mercury thermometer to the Mountain View Senior Center*



Mercury is a potent neurotoxin to people and wildlife and a major pollutant of San Francisco Bay. While much of the mercury comes from old gold and mercury mines (goldrush 49ers depended on their "quicksilver" to process gold) significant mercury sources are found in household items like thermometers, fluorescent lights, and thermostats. You can help remove one mercury source by exchanging your mercury thermometer for a FREE digital thermometer at the Mountain View Senior Center. These large-type, easy-to-use thermometers are accurate and safe. Before you bring in your thermometer place it in its case and then into two plastic bags (double bag and seal or tie off the bag to contain the mercury if the thermometer breaks). Sorry, only mercury thermometers can be exchanged. One digital thermometer is provided per household. Thermometers containing red or blue fluid do not contain mercury and cannot be exchanged for a digital thermometer. For information about recycling other mercury items call (650) 329-2598 or visit [www.cityofpaloalto.org/clean-bay/mercury.html](http://www.cityofpaloalto.org/clean-bay/mercury.html). This pro-

gram is a collaboration between the City of Mountain View Senior Center and the City of Palo Alto Regional Water Quality Control Plant.

## SENIOR SERVICES DIRECTORY 2003

The price for the 2003 resource guide published by the Santa Clara County on Aging listing contact information for senior health, employment, housing, legal, financial, home care, education, insurance security, transportation and nutrition is now on sale!

This guide was originally sold for \$5.00 and is now available for \$1.00. Supplies are limited and the next guide will be available in April of 2004

## 55 ALIVE MATURE DRIVING

55-Alive Mature Driving classes will be offered by AARP at the Mountain View Senior Center on **Monday & Wednesday: ~February 9 & 11, 6:00-10:00 p.m.**

**~March 8 & 10, 6:00-10:00 p.m.** The fee for the 8-hour classroom driving instruction session is \$10. To register, come in or mail a check payable to AARP dated for the first day of the session. Send to Mtn. View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. **CASH**



**CANNOT BE ACCEPTED.** Sign-ups are taken until 3:30 pm each weekday.

## ENJOY MOUNTAIN VIEWS' LIBRARY!

Look for these and other large print books on the second floor of the Mountain View Public Library, 585 Franklin Street. For more information or to reserve a book, call (650) 903-6337 or visit the Library web site at [library.ci.mtnview.ca.us](http://library.ci.mtnview.ca.us).

### 4 & 5 Star Reading

Contemporary stories with a touch of humor  
Warren, *The Purpose Driven Life*  
Gulley, *Front Porch Tales*  
Sparks, *A Walk To Remember*  
Child, *Julia's Kitchen Wisdom*  
Sebold, *The Lovely Bones*

### AARP CHAPTERS

LOS ALTOS AREA CHAPTER  
Meets at the Los Altos Senior Center, 97 Hillview Avenue, the fourth Thursday of each month at 12:30 pm. Call the Los Altos Senior Center, (650) 948-7483.  
MID-PENINSULA CHAPTER  
Sunnyvale Senior Center, 820 W. McKinley Ave., the first Wednesday of each month. Call Helen Rogers, (408) 739-1254.  
PALO ALTO CHAPTER  
Second Thursday of each month, 1:30 pm at the Palo Alto Cultural Center, 1313 Newell Road. Call (650) 323-2398.  
INFORMATION CENTER  
Carolyn Marmor, (408) 278-1855.

# Health & Social Services...

## **HEALTH SERVICES**

### **BLOOD PRESSURE CHECK**

First & 3rd Friday of each month, 9:30-10:30 am. *Provided by volunteer nurses.*

### **GUIDE TO CALIFORNIA MEDICARE HMO'S**

Free guide provided by Consumers Union/Consumers Reports. Call 1 (888) 430-2423 or visit [www.chcf.org](http://www.chcf.org)

### **HEALTH RESOURCE CENTER**

Support groups for many medical issues, health library, lectures, classes, Vial of Life, Communi-Call, Roadrunners & other health services. Call (650) 988-7622.

### **HEARING SCREENING**

Second Wednesday of each month. Call (650) 903-6330 for appointment. *Provided by Professor David Tang.*

### **HICAP**

Medical insurance, long-term care, Medicaid, & Medigap counseling. Call (650) 903-6330 for appointment.

### **MULTI-PURPOSE SENIOR SERVICES PROGRAM**

Case management to help elderly remain at home or return home from hospitalization. Call (408) 296-8290. *Provided by Council on Aging, Santa Clara County.*

### **PODIATRY SCREENING**

Third Wednesday of each month. Call (650) 903-6330 for appointment. *Provided by Dr. Yavrom.*

## **SOCIAL SERVICES**

### **A.S.A.P.: Assisting Seniors in the Arts Program**

Service for Mountain View seniors interested in attending free performances at the Center for Performing Arts, but have difficulty arranging transportation. Volunteer drivers provide rides. Call (650) 903-6330.

### **BENEFITS CHECK UP**

A free program to help seniors find assistance programs you are qualified for. Visit [Benefits Check Up.org](http://BenefitsCheckUp.org) or call 408-280-7791. Offered by the National Council on Aging.

### **HANDICAP ACCESS**

Modifications made to homes due to disability. Service is provided to low income, disabled tenants or homeowners. Call (408) 971-0888.

### **HOME REPAIR**

Free minor home repairs to low income Mtn. View homeowners. Call "Handyman" program at (408) 971-0888 ext. 206.

### **HOUSING HINTS**

"Where to Live, A Guide for Older Adults", is available for \$5.00 from Avenidas. Call 650-326-5362 [www.avenidas.org](http://www.avenidas.org)

### **SENIOR HOME REPAIR**

Low cost handyman services to Mountain View homeowners 60+ years. Services include electrical, plumbing, painting, carpentry, yard clean, installation of safety & security devices. Call (650) 326-5362. *Offered by Avenidas.*

### **HOMEOWNER / RENTER ASSISTANCE**

Qualified participants receive assistance check from state. Appointments will begin June 2004. Call 650-903-6330 for appointment.

### **PROVEN PEOPLE: SENIOR EMPLOYMENT PROJECT**

Matches jobs to people, 50+ years, no fee. Call (408) 730-7368.

### **SENIOR ADULT LEGAL ASSISTANCE (SALA)**

First Wednesday of each month. Call (650) 903-6330 for appointment. Clients must be 60+ years & Santa Clara County resident. Services provided by volunteer attorneys or para-legal personnel. Legal assistance provided for social security, medicare, housing, landlord issues, power of attorney, elder abuses, consumer problems, & simple wills.

### **SENIOR SERVICES DIRECTORY 2003**

Comprehensive resource guide for senior services available in Santa Clara County. Cost is \$1.00. *Published by Silicon Valley Council on Aging.*

### **SENIOR CASE MANAGER**

Consultation with seniors & families regarding life changes. Case manager available, drop-in first Friday of each month, 10:00-11:00 a.m. *Provided by Community Services Agency, (650) 968-0836.*



# Food, Transportaion & More...

## FOOD SERVICES

### **BROWN BAG**

Bag pick-up each Tuesday, 10:15-11:00 am. Pre-registration is necessary, mail-in forms are available at front desk. *Sponsored by the Second Harvest Food Bank.*

### **MEALS ON WHEELS**

Weekly delivery of meals available to homebound seniors 60+ years. Participant donation suggested. Call Council on Aging, 800-510-2020.

### **NUTRITION PROGRAM**

Lunch is served Monday-Friday at 12:00 noon, sign-in by 11:30. Suggested donation is \$2.00. Additional information on pages 8 & 9. For information, call (650) 964-6586. *Sponsored by Community Services Agency.*

## TRANSPORTATION



### **COUNTY TRANSIT & TRAIN**

Bus schedules for Valley Transportation Agency are available for pick-up.

### **VTA TRANSIT DISCOUNT CARDS / STICKERS**

\* VTA will be at the Center on **Friday, February 20, 10:00-12:00 noon** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. \* A limited number of discount stickers go on sale the 15th of each month. Sold Monday-

Friday, 8:30am - 12:30 pm., \$17.50 each.

### **OUTREACH**

#### **TRANSPORTATION AGENCY**

Provides rides for qualified applicants who are unable to use public transit. Must apply to Outreach. Call 1-800-400-6222.

### **HOW TO GET HERE...**

The #35 stops at the corner of California & Escuela Ave. weekdays at 8:21, 9:20, 10:19, 11:19 am, 12:21, 1:21 & 2:20 from Mtn. View Transportaton Center on Castro & Evelyn Ave.

### **ROADRUNNERS**

Rides provided within 10 miles of El Camino Hospital weekdays, 8:00-3:45 pm. Fee based on miles driven. Call (650) 940-7016. *Sponsored by El Camino Hospital.*

## THERE'S MORE!

### **ACTIVITY BINDER**

Activity guides from nearby Senior Center & adult education center.

### **COFFEE BAR**

Coffee, tea, or hot chocolate for \$.25. Cookies are \$.30.

### **COMPUTER LAB**

Two PCs are available for internet use.

### **DMV DRIVING TESTS**

Copies of used DMV tests are available at the front counter.

### **EYEGLOSS / HEARING AID RECYCLING**

Turn in used prescription glasses & hearing aids for distribution by The Lions Club.

### **EXERCISE EQUIPMENT**

Variety of equipment is available in Crabapple Room. Orientation (offered every Wednesday at 11:00) is required before use. *Consult a physician before beginning an exercise program.*

### **MOVIES/BOOKS ON TAPE**

Donated video movies, DVDs & Books on Tapes can be checked out for one week, no fee

### **ON LINE INFO**

The Mountain View Senior Center *Prime Time News* and Class Guide can be read through the City of Mountain View's web site:

[http://www.ci.mtnview.ca.us/citydepts/cs/rec/senior\\_center.htm](http://www.ci.mtnview.ca.us/citydepts/cs/rec/senior_center.htm) and on the City Publications page:<http://www.ci.mtnview.ca.us/citynews/publications.htm>

### **PAPERBACK BOOK LIBRARY**

Used, donated paperbacks are available for 10 cents each.

### **SERVICE BINDER**

Binder listing employment, items for sale, housing offered by individuals.

### **STAMPS & MAIL**

Up to 5 \$.37 postage stamps can be purchased at the front counter; there is also an outgoing mail basket.



# MOUNTAIN VIEW SENIOR CENTER

## FEBRUARY 2004



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
8:45 ESL 8:45 YOGA 9:00 STITCHERY 10:15 TAI CHI 10:30 ESL 12:00 LUNCH 1:00 CONDITIONING 1:00 CERAMICS 1:00 WOODCARVING 1:30 QUILT MAKING	8:30 HIKING 9:00 TAXES 9:00 DRAWING 9:00 THERAPEUTIC YOGA 11:30 ARTHRITIS EX 12:00 LUNCH 12:30 SPANISH 12:30 KARAOKE 1:00 AEROBICS	9:00 TAXES 9:00 OILS/ACRYLICS 9:30 CLAY SCULPTURE 9:45 CHORUS 12:00 ORCHESTRA 11:00 EXERCISE EQUIP 12:00 LUNCH 1:00 CERAMICS 1:00 KNITTING 1:30 SALA	8:30 HIKING 8:45 YOGA 8:45 ESL 9:15 SEWING 10:00 TRIPS DESK 10:15 GENERAL CONDITIONING 10:30 ESL 12:00 LUNCH 1:00 OUT REACH WKSHF 1:00 AEROBICS 1:30 QUILT MAKING	8:45 ESL 9:00 CALLIGRAPHY 9:30 BLOOD PRESSURE 10:00 CASE MANAGER 10:00 CONDITIONING 10:30 ESL 11:30 ARTHRITIS EX 12:00 LUNCH 1:00 "MOONSTRUCK" 1:00 LINE DANCE 2:15 SQUARE DANCE
9 8:45 ESL 8:45 YOGA 9:00 STITCHERY 10:15 TAI CHI 10:30 ESL 12:00 LUNCH 1:00 CONDITIONING 1:00 WOODCARVING 1:00 CERAMICS 1:30 QUILT MAKING	10 8:30 HIKING 9:00 DRAWING 9:00 THERAPEUTIC YOGA 9:00 TAXES 11:30 ARTHRITIS EX 12:00 LUNCH 12:30 SPANISH 12:30 KARAOKE 1:00 AEROBICS 1:00 HICAP	11 9:00 TAXES 9:00 OILS/ACRYLICS 9:30 CLAY SCULPTURE 9:45 CHORUS 12:00 ORCHESTRA 11:00 EXERCISE EQUIP 12:00 LUNCH 1:00 CERAMICS 1:00 KNITTING 3:00 HEARING	12 8:30 HIKING 8:45 YOGA 8:45 ESL 9:30 HICAP 10:00 TRIPS DESK 10:15 GENERAL CONDITIONING 10:30 ESL 12:00 LUNCH 12:30 COMPUTER 1:00 AEROBICS 1:30 QUILT MAKING	13 8:45 ESL 9:00 CALLIGRAPHY 10:00 CONDITIONING 10:30 ESL 12:00 LUNCH 1:00 "LOVE STORY" 1:00 LINE DANCE 2:15 SQUARE DANCE  
16 <b>President's Day</b>  <b>Senior Center Closed</b>	17 9:00 TAXES 9:00 THERAPEUTIC YOGA 11:15 NEWCOMERS 11:30 ARTHRITIS EX 12:00 LUNCH 12:30 KARAOKE	18 9:00 TAXES 9:00 OILS/ACRYLICS 9:30 CLAY SCULPTURE 9:45 CHORUS 10:00 PODIATRY 12:00 ORCHESTRA 11:00 EXERCISE EQUIP 12:00 LUNCH 1:00 CERAMICS 1:00 KNITTING	19 8:30 HIKING 8:45 YOGA 8:45 ESL 10:00 TRANSIT ID 10:00 TRIPS DESK 10:15 GENERAL CONDITIONING 10:30 ESL 12:00 LUNCH 1:00 CARDIAC CARE WKSHF 1:30 QUILT MAKING	20 8:45 ESL 9:00 CALLIGRAPHY 9:30 BLOOD PRESSURE 10:00 CONDITIONING 10:30 ESL 11:30 ARTHRITIS EX 12:00 LUNCH 1:00 "ROMEO & JULIET" 1:00 LINE DANCE 2:15 SQUARE DANCE
23 8:45 ESL 8:45 YOGA 9:00 STITCHERY 10:15 TAI CHI 10:30 ESL 12:00 LUNCH 1:00 CONDITIONING 1:00 WOODCARVING 1:00 CERAMICS 1:30 QUILT MAKING	24 8:30 HIKING 9:00 DRAWING 9:00 THERAPEUTIC YOGA 9:00 TAXES 11:30 ARTHRITIS EX 12:00 LUNCH 12:30 SPANISH 12:30 KARAOKE 1:00 AEROBICS 1:00 HICAP	25 9:00 TAXES 9:00 OILS/ACRYLICS 9:30 CLAY SCULPTURE 9:45 CHORUS 12:00 ORCHESTRA 11:00 EXERCISE EQUIP 12:00 LUNCH 1:00 CERAMICS 1:00 KNITTING	26 8:30 HIKING 8:45 YOGA 8:45 ESL 10:00 TRIPS DESK 10:15 GENERAL CONDITIONING 10:30 ESL 12:00 LUNCH 1:00 AEROBICS 1:30 QUILT MAKING	27 8:45 ESL 9:00 CALLIGRAPHY 10:00 CONDITIONING 10:30 ESL 11:30 ARTHRITIS EX 12:00 LUNCH 1:00 "FROM HERE TO ETERNITY" 1:00 LINE DANCE 2:15 SQUARE DANCE



Sunday Program  
February 8<sup>th</sup> 12 to 5 P.M.

